

## ABSTRACT OF THE DISCLOSURE

A finger guarding device, in combination a  
culinary finger guard plate, two finger guards  
upstanding from a side of the plate and having spacing  
therebetween to receive a user's middle finger to extend  
generally parallel to the plate, each finger guard  
having a finger retention portion overhanging the plate  
to provide adjustable spaces to receive the user's first  
and third fingers, between said overhang portion and the  
plate.